



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09302, Raspberries, raw

Report Date: July 01, 2017 01:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3 4 5	g	85.75	14	0.990	81.79	88.47	4.0	83.001	88.501	5	Analytical or derived from analytical	--	12/2002
Energy	kcal	52	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Energy	kJ	220	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Protein 1 2 3 4	g	1.20	12	0.097	0.92	1.5	3.0	0.886	1.506	4	Analytical or derived from analytical	--	12/2002
Total lipid (fat) 1 2 3 4	g	0.65	11	0.263	0.07	1.68	3.0	-0.182	1.491	4	Analytical or derived from analytical	--	12/2002
Ash 1 2 3 4	g	0.46	12	0.060	0.32	0.79	3.0	0.265	0.648	4	Analytical or derived from analytical	--	12/2002
Carbohydrate, by difference	g	11.94	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fiber, total dietary 1 2 3 4 5	g	6.5	13	0.657	4.1	8.2	4.0	4.646	8.294	5	Analytical or derived from analytical	--	12/2002
Sugars, total 2 3	g	4.42	5	0.147	3.6	5.86	3.0	3.95	4.885	2	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 2 3	g	0.20	5	0.000	0.14	0.45	--	--	--	2	Analytical or derived from analytical	--	12/2002
Glucose (dextrose) 2 3	g	1.86	5	0.068	1.57	2.32	3.0	1.646	2.078	2	Analytical or derived from analytical	--	12/2002
Fructose 2 3	g	2.35	5	0.084	1.89	3.09	3.0	2.086	2.619	2	Analytical or derived from analytical	--	12/2002
Lactose 2 3	g	0.00	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Maltose 2 3	g	0.00	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Galactose 2 3	g	0.00	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Starch 2	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Minerals													
Calcium, Ca 1 2 3 4	mg	25	11	1.300	19	32	3.0	20.669	28.944	4	Analytical or derived from analytical	--	12/2002
Iron, Fe 1 2 3 4	mg	0.69	12	0.046	0.46	1.08	3.0	0.541	0.837	4	Analytical or derived from analytical	--	12/2002
Magnesium, Mg 1 2 3 4	mg	22	12	2.190	13	32	3.0	14.8	28.737	4	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1 2 3 4	mg	29	11	2.779	21	37	3.0	20.389	38.074	4	Analytical or derived from analytical	--	12/2002
Potassium, K 1 2 3 4	mg	151	12	20.320	93	206	3.0	86.756	216.094	4	Analytical or derived from analytical	--	05/2003
Sodium, Na 1 3 4	mg	1	8	0.571	0	3	2.0	-1.387	3.528	3	Analytical or derived from analytical	--	05/2003
Zinc, Zn 1 2 3 4	mg	0.42	12	0.069	0.25	0.79	3.0	0.196	0.638	4	Analytical or derived from analytical	--	12/2002
Copper, Cu 1 2 3 4	mg	0.090	12	0.019	0.03	0.16	3.0	0.03	0.149	4	Analytical or derived from analytical	--	12/2002
Manganese, Mn 1 2 3 4	mg	0.670	11	0.152	0.32	1.81	3.0	0.185	1.155	4	Analytical or derived from analytical	--	12/2002
Selenium, Se 3	µg	0.2	2	--	0	0.4	--	--	--	1	Analytical or derived from analytical	--	12/2002
Vitamins													
Vitamin C, total ascorbic acid 1 2 3 4	mg	26.2	10	5.588	11.2	37	3.0	8.409	43.973	4	Analytical or derived from analytical	--	05/2003
Thiamin 1 2 3 4	mg	0.032	12	0.008	0.01	0.06	3.0	0.006	0.057	4	Analytical or derived from analytical	--	05/2003
Riboflavin 1 2 3 4	mg	0.038	12	0.007	0.02	0.06	3.0	0.016	0.061	4	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin 1 2 3 4	mg	0.598	12	0.057	0.4	0.92	3.0	0.417	0.779	4	Analytical or derived from analytical	--	12/2002
Pantothenic acid 1 2 3 4	mg	0.329	12	0.034	0.2	0.48	3.0	0.22	0.438	4	Analytical or derived from analytical	--	12/2002
Vitamin B-6 1 2 3 4	mg	0.055	12	0.007	0.04	0.07	3.0	0.032	0.078	4	Analytical or derived from analytical	--	12/2002
Folate, total 1 2 3 4	μg	21	12	5.894	7	41	3.0	2.386	39.904	4	Analytical or derived from analytical	--	12/2002
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	21	12	5.894	7	41	3.0	2.386	39.904	4	Analytical or derived from analytical	--	04/2006
Folate, DFE	μg	21	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Choline, total 2	mg	12.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Betaine 2	mg	0.8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 2 3 4 6 7	µg	12	16	8.030	0	42	4.0	-10.664	33.928	5	Analytical or derived from analytical	--	12/2002
Carotene, alpha 2 3 6 7	µg	16	12	6.054	0	31	3.0	-3.354	35.179	4	Analytical or derived from analytical	--	12/2002
Cryptoxanthin, beta 2 3 6 7	µg	0	12	0.000	0	0	--	--	--	4	Analytical or derived from analytical	--	12/2002
Vitamin A, IU	IU	33	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Lycopene 2 3	µg	0	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Lutein + zeaxanthin 2 3	µg	136	4	2.179	123	146	2.0	126.873	145.627	2	Analytical or derived from analytical	--	12/2002
Vitamin E (alpha-tocopherol) 2 3	mg	0.87	6	0.072	0.48	1.02	3.0	0.645	1.102	2	Analytical or derived from analytical	--	12/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 2 3	mg	0.06	6	0.010	0.01	0.08	3.0	0.031	0.094	2	Analytical or derived from analytical	--	12/2002
Tocopherol, gamma 2 3	mg	1.42	6	0.141	0.77	1.7	3.0	0.97	1.866	2	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta ^{2 3}	mg	1.04	6	0.155	0.44	1.46	3.0	0.551	1.536	2	Analytical or derived from analytical	--	12/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ^{2 3}	µg	7.8	6	0.553	6.2	9.9	3.0	6.097	9.535	2	Analytical or derived from analytical	--	12/2002
Lipids													
Fatty acids, total saturated	g	0.019	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	0.016	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:0	g	0.004	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total monounsaturated	g	0.064	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated	g	0.059	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:1	g	0.005	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total polyunsaturated	g	0.375	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated	g	0.249	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated	g	0.126	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Flavonoids													
Anthocyanidins													
Cyanidin 12 13 14 15 16 17	mg	45.77	--	6.74	0	105.7	--	--	--	--	--	--	--
Petunidin 13 14	mg	0.3	--	0.31	0	2.14	--	--	--	--	--	--	--
Delphinidin 12 13 14	mg	1.3	--	1.14	0	12.61	--	--	--	--	--	--	--
Malvidin 13 14	mg	0.1	--	0.13	0	0.9	--	--	--	--	--	--	--
Pelargonidin 13 14 15 16 17	mg	1.0	--	0.34	0	5.96	--	--	--	--	--	--	--
Peonidin 13 14	mg	0.1	--	0.12	0	0.87	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin 13 15 18 19 20	mg	1.3	--	0.42	0	7.33	--	--	--	--	--	--	--
(-)-Epigallocatechin 13 18 19	mg	0.5	--	0.02	0	1.11	--	--	--	--	--	--	--
(-)-Epicatechin 13 15 18 19 20	mg	3.5	--	0.62	0	8.26	--	--	--	--	--	--	--

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
(-)Epicatechin 3-gallate 13 18 19	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)Epigallocatechin 3-gallate 13 18 19	mg	0.5	--	0.54	0	5.35	--	--	--	--	--	--	--
(+)-Gallocatechin 13 18 19	mg	0.0	--	0	0	0.01	--	--	--	--	--	--	--
Flavanones													
Hesperetin 13	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin 13	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 13 21	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin 13 21	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavonols													
Isorhamnetin 15	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Kaempferol 15 16 21 22 23	mg	0.1	--	0.05	0	0.64	--	--	--	--	--	--	--
Myricetin 13 22	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin 13 15 16 21 22 23 24 25 26 27	mg	1.1	61	0.09	0	4.57	--	--	--	--	--	--	--
Isoflavones													
Daidzein 28 29 30	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Genistein 28 29 30	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Glycitein 30	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones 28 29 30	mg	0.00	--	0.01	0	0.01	--	--	--	--	--	--	--
Formononetin	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Coumestrol	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 8 9 10 11	mg	11.8	--	13.46	0	40.6	--	--	--	--	--	--	--
Proanthocyanidin trimers 8 9 10	mg	5.0	--	4.81	0.3	13.92	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 9 10	mg	9.0	--	4.99	2.83	15.21	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 9 10	mg	1.1	--	1.55	0	4.39	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 9 10	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

Sources of Data

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